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 EDRS PRICE MF-\$0.83 HC-\$3.50 Plus Postage.
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ABSTRACT

This workbook and the accompanying instructor's guide, three audio tape cassettes, and script for the audio tape comprise the Adult Basic Education Level I (grade 1.5) package on the metric system. The workbook's six sections follow a problem solving approach and present measurement activities similar to those involved in daily activities (i.e., preparing foods and reading temperatures). The six sections correspond to the six sections in the instructor's guide and to the audio tape. Section titles are Linear Measurement, Measurement of Weight, Review of Linear and Weight Measurement, Measurement of Capacity, Measurement of Temperature, and Final Review. Supplementary diagrams and charts are included. (SH)

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Metrics for Good Measure

LEVEL I. STUDENT WORKBOOK.

**Gloria S Cooper
Doris J. Kreitlow
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U.S. DEPARTMENT OF HEALTH,
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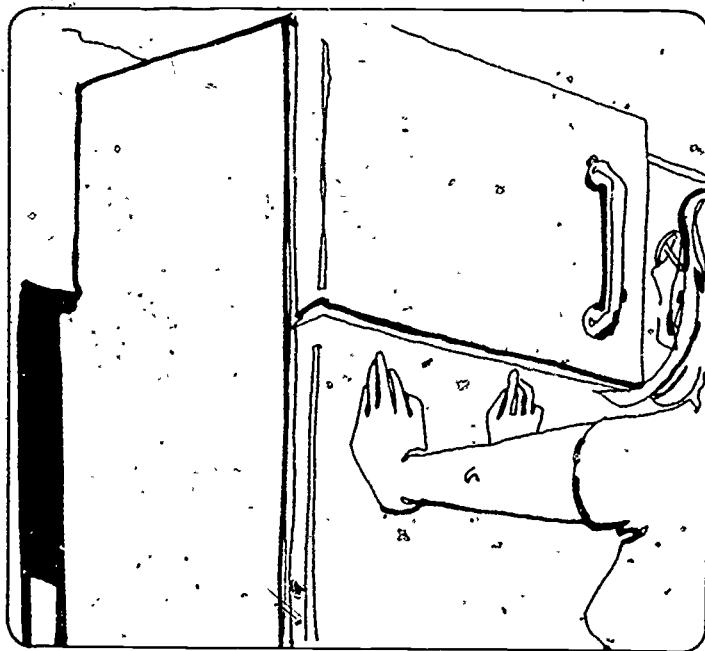
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CONTENTS

SECTION A. LINEAR MEASUREMENT	1
SECTION B. MEASUREMENT OF WEIGHT	17
SECTION C. REVIEW OF LINEAR AND WEIGHT MEASUREMENT	25
SECTION D. MEASUREMENT OF CAPACITY	31
SECTION E. MEASUREMENT OF TEMPERATURE	43
SECTION F. FINAL REVIEW	49

SECTION A

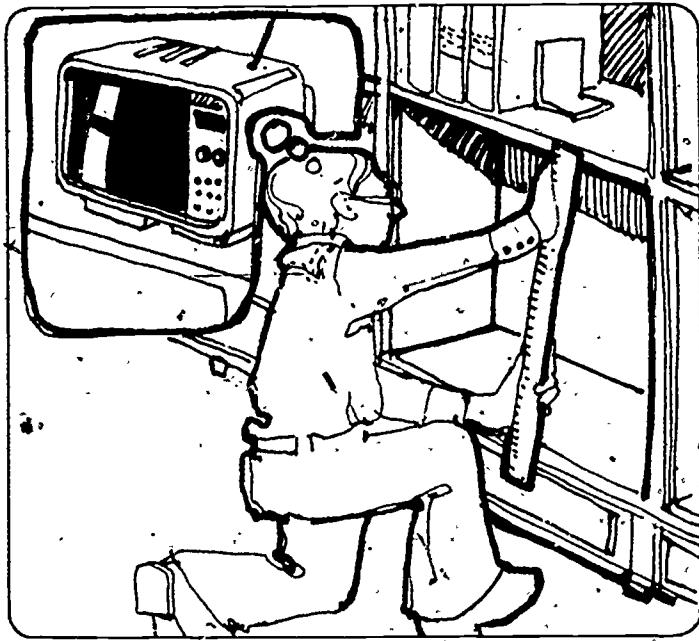


1. This is too high!

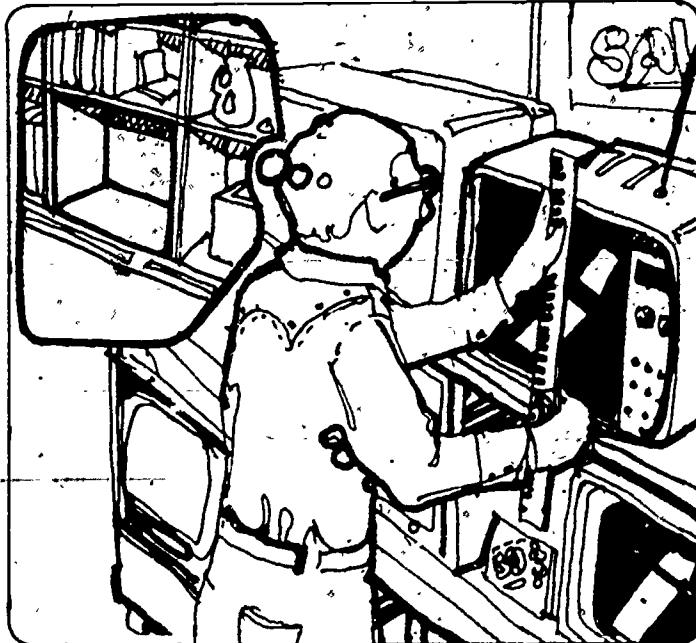


2. Use a metre stick
to find height.

3. Use a metre stick
to find height.



4. This is too high!



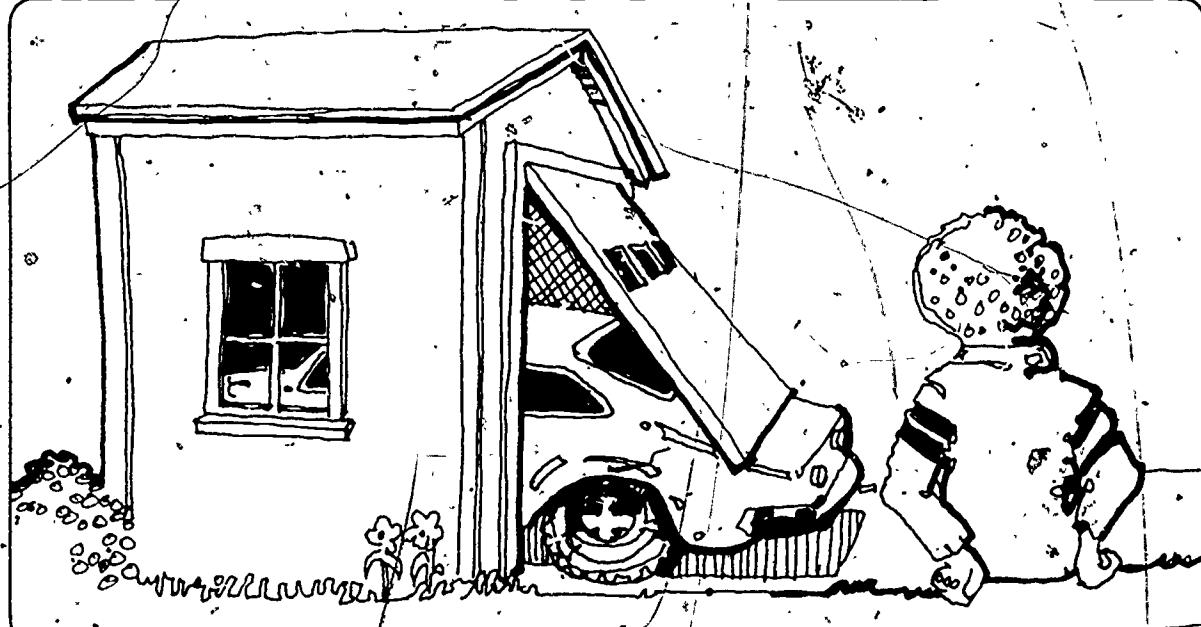


5. The sofa is too wide!



6. You can find width with a metre stick.

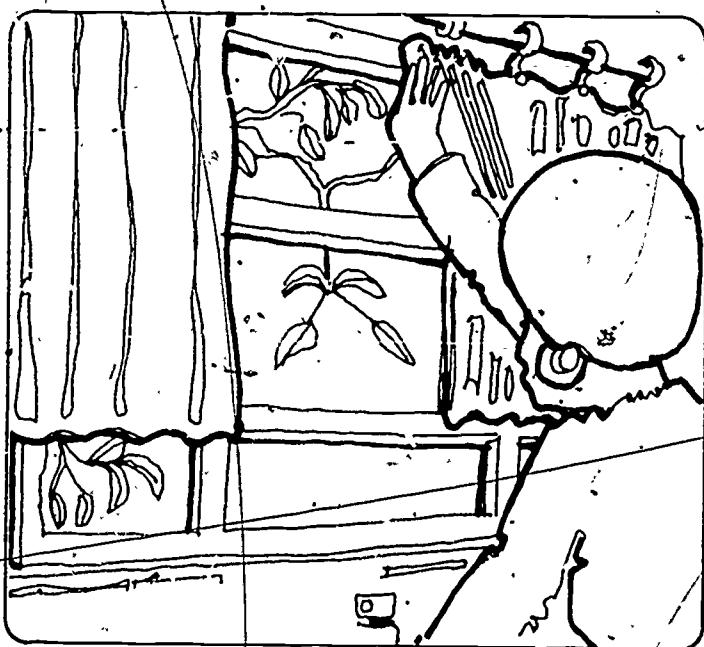




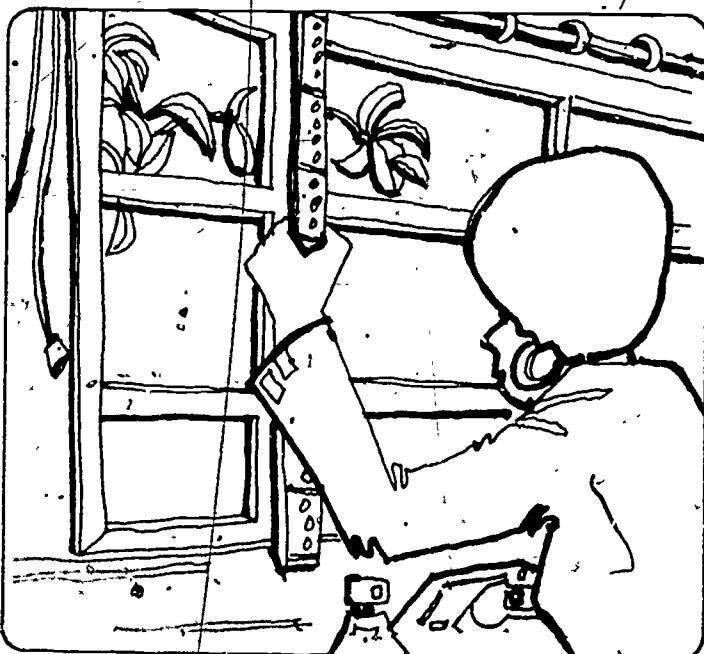
7. Is the car too long? Or is the garage too short?



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8. The curtains are too short for the window.



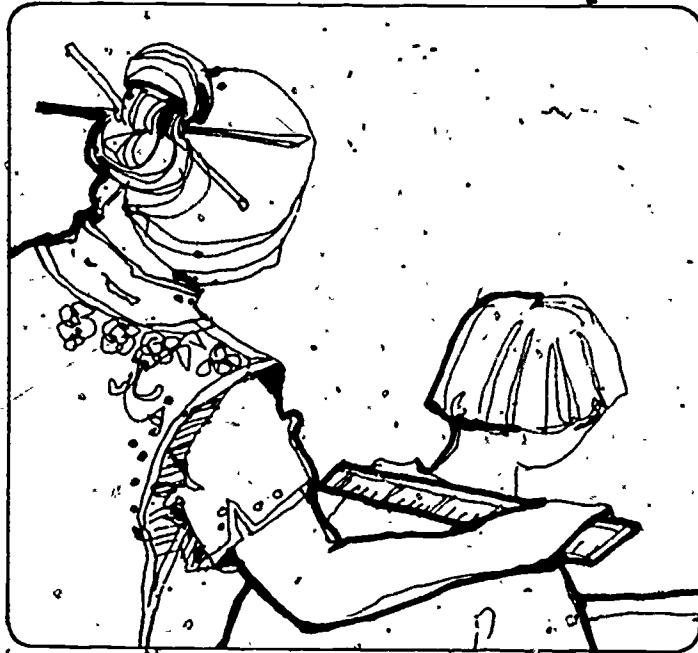
9. When you buy curtains, find the length of the window first.

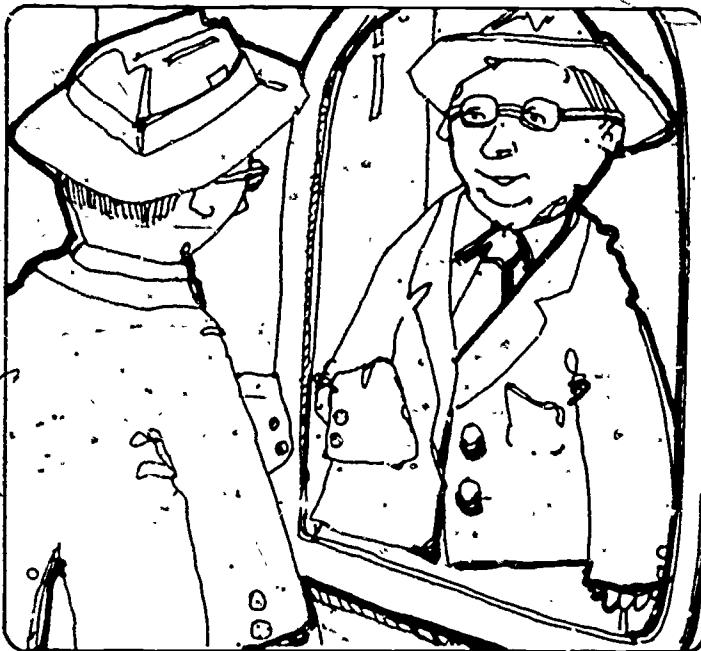


10. The shirt is too wide across the shoulders.



11. Use a centimetre ruler to find width.



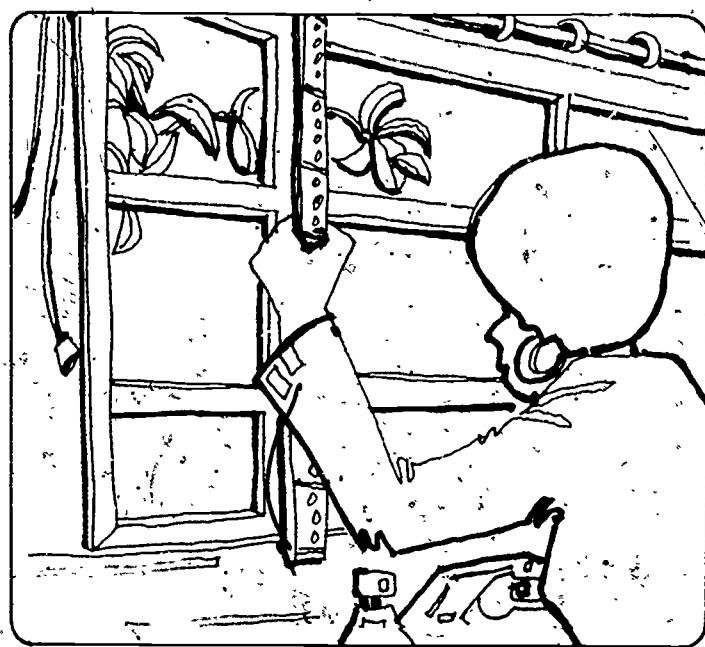


12. The sleeves are too long.

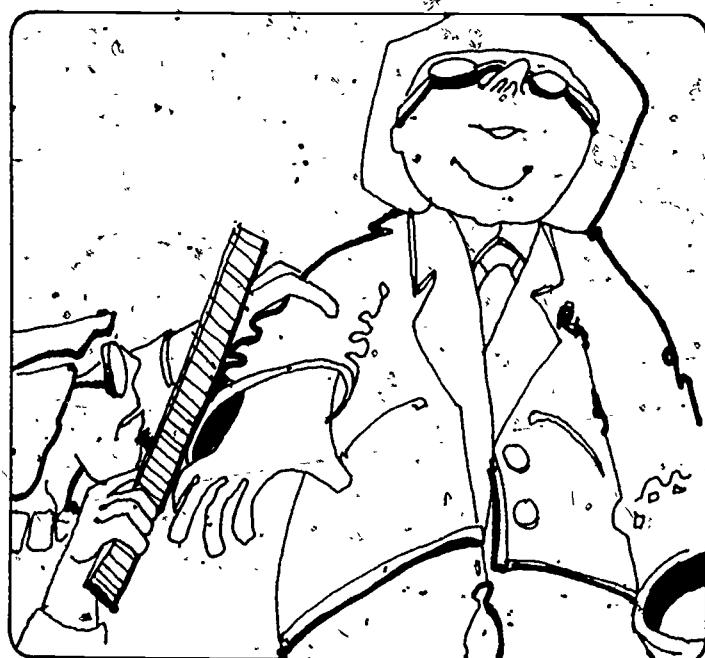


13. Use a centimetre ruler to find the right length.

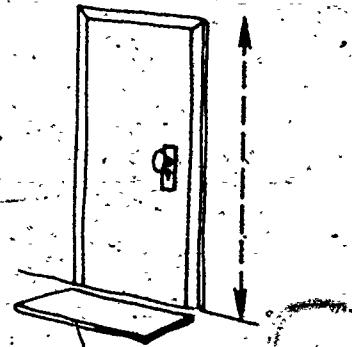
- 14 a. Use a metre stick for large things.
- b. Write the letter m for the word metre.



- 15 a. Use a centimetre ruler for small things.
- b. Write the letters cm for the word centimetre.



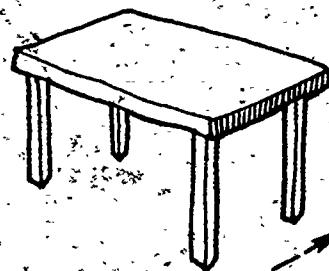
EXERCISE A.1.



Height _____



Width _____



Width _____



Height _____



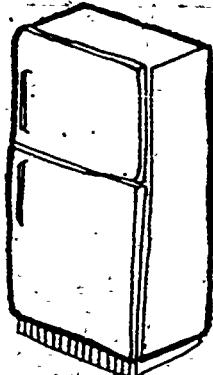
Do more here.



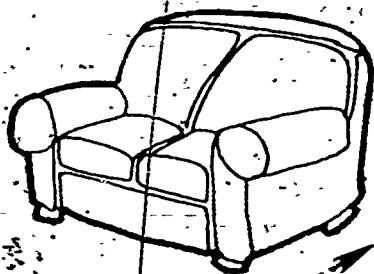
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-10-

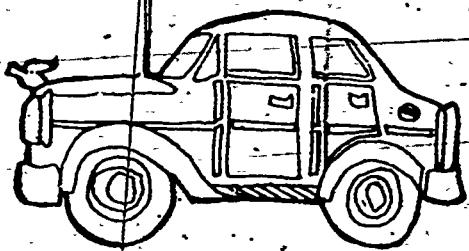
EXERCISE A.3.



Height _____



Width _____



Length _____



Length _____



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Do more here.

EXERCISE A.4.

A Man

Height _____

Waist _____

Neck _____

Hip (Seat) _____

Sleeve _____

A Woman

Height _____

Bust _____

Hip _____

Waist _____

Back Waist
Length _____A Small Child

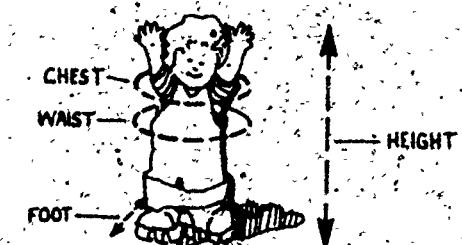
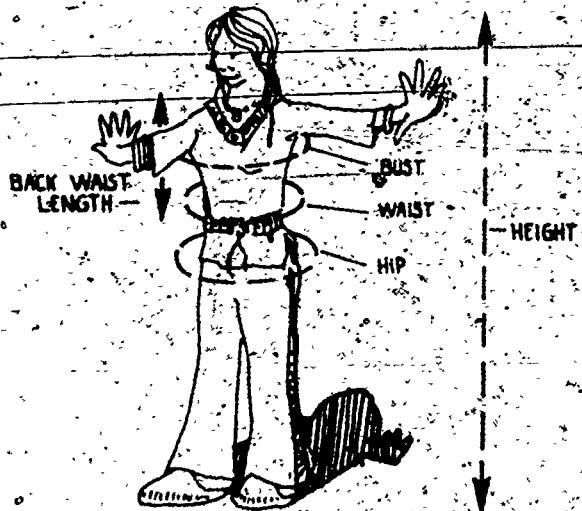
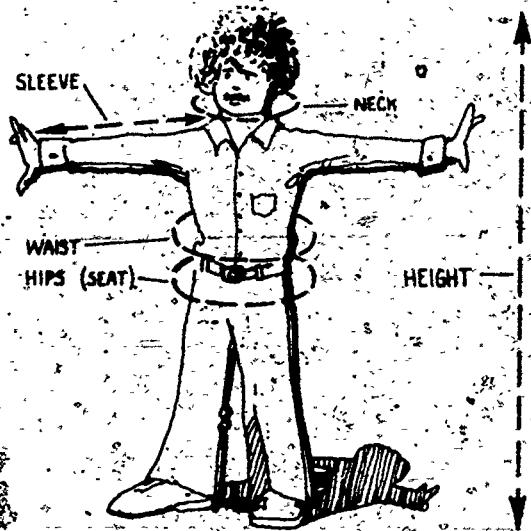
Height _____

Chest _____

Waist _____

Foot _____

BODY MEASUREMENTS



Do more here.



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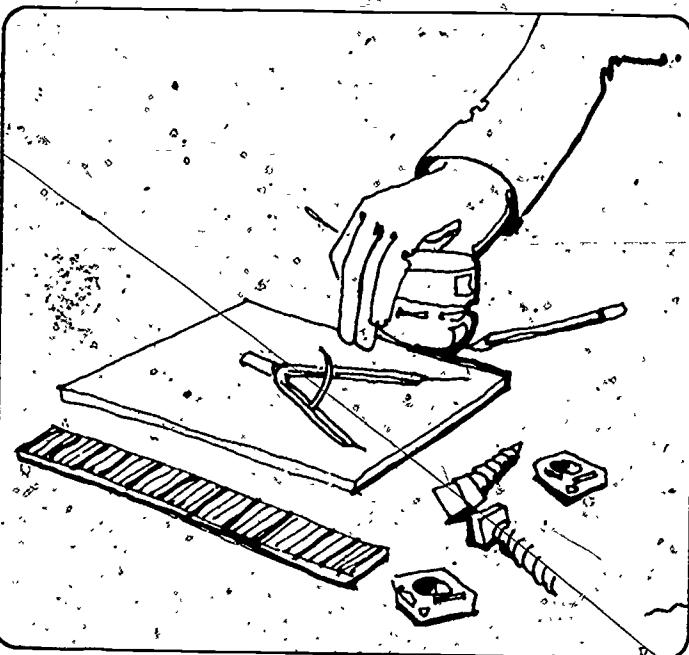
-16-

SECTION B

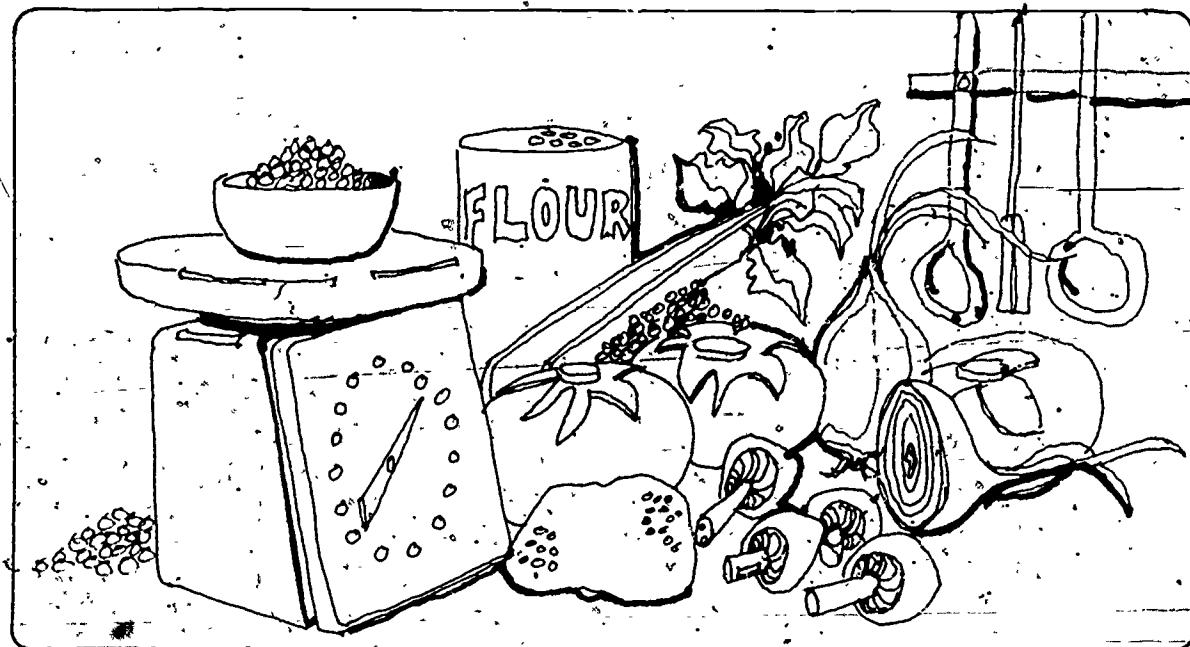




- 16. Use a metre stick to measure large things.**



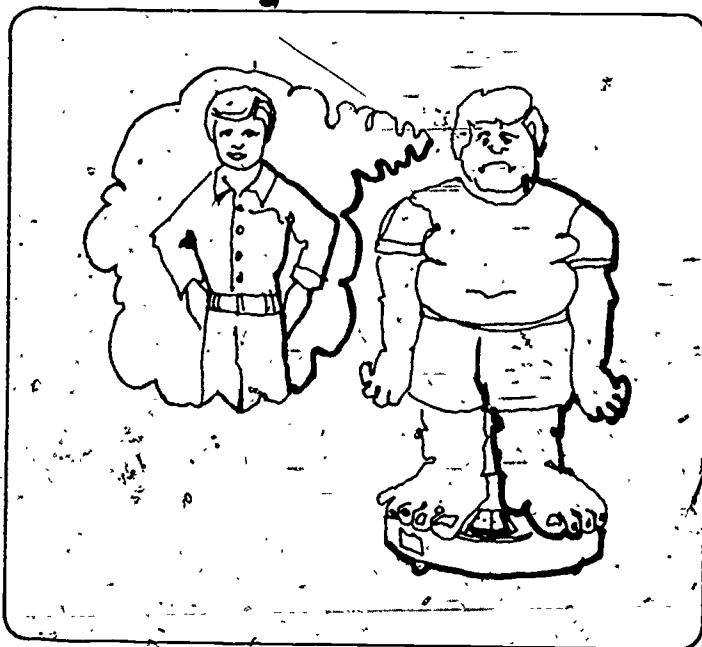
- 17. Use a centimetre ruler to measure small things.**



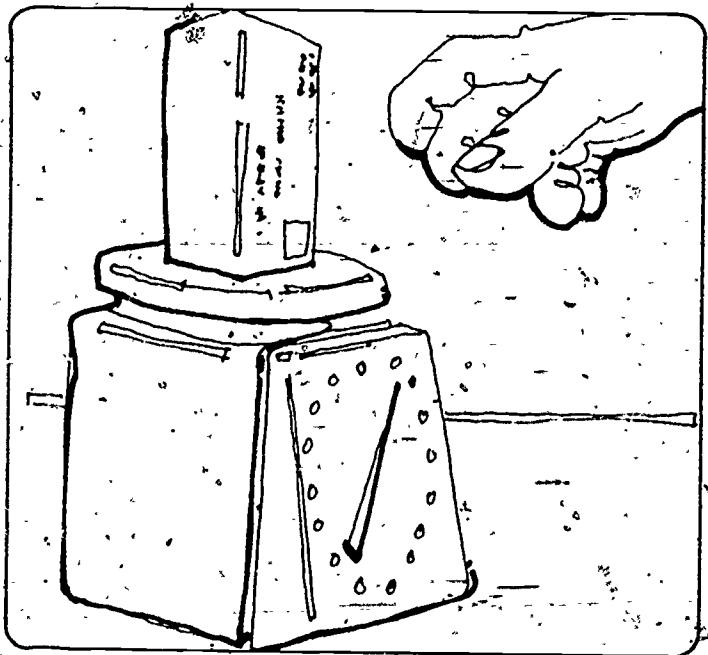
18. Use a scale to measure weight.



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- 19a. Don't laugh.
b. How much do you weigh?
c. Use a scale to measure weight.

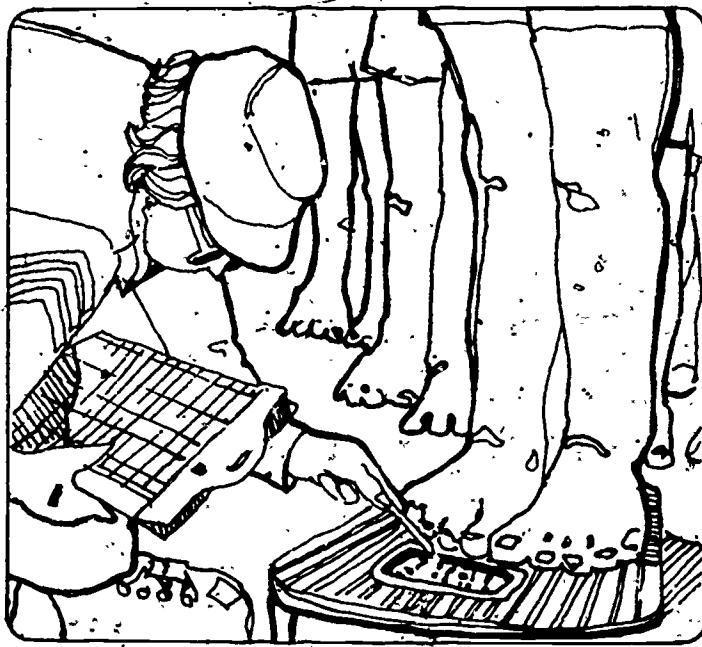


20. Use a scale to find the weight of something.



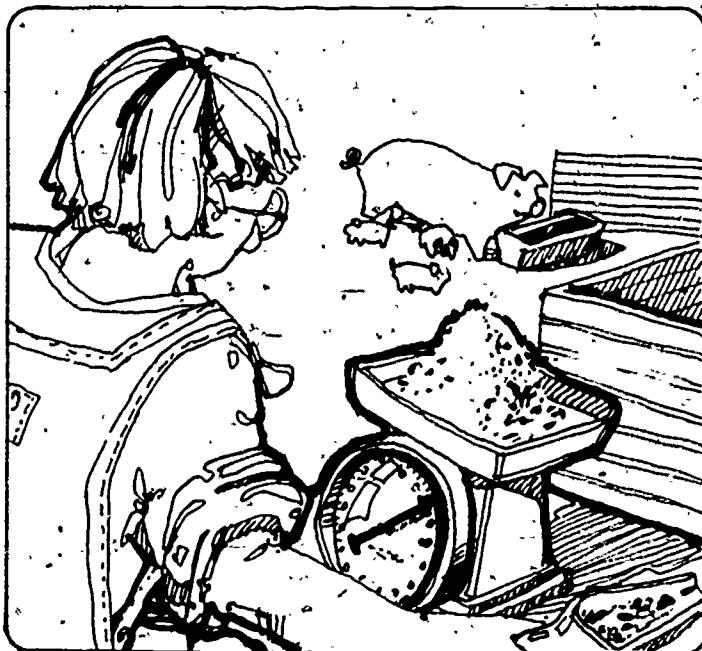
21a. Measure the weight of heavy things with a kilogram scale.

- b. A kilogram scale measures heavy things in kilograms.
- c. Write the letters kg for the word kilogram.



22a. Measure the weight of light things with a gram scale.

- b. A gram scale measures light things in grams.
- c. Write the letter g for the word gram.



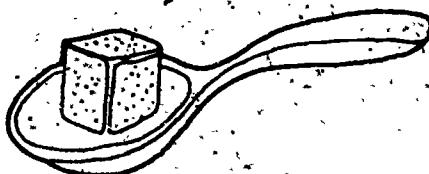
EXERCISE B.1.



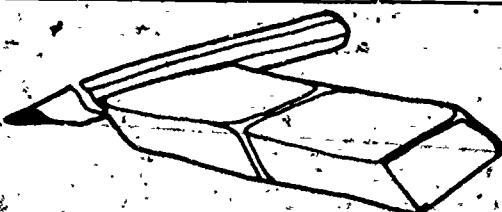
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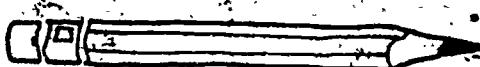
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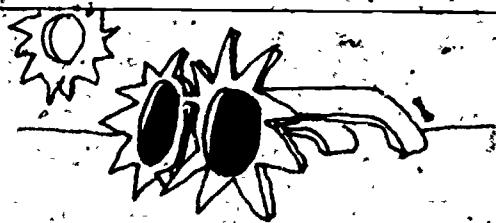
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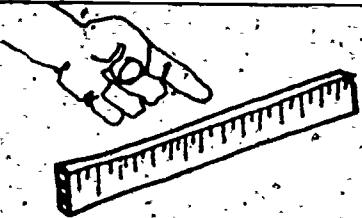
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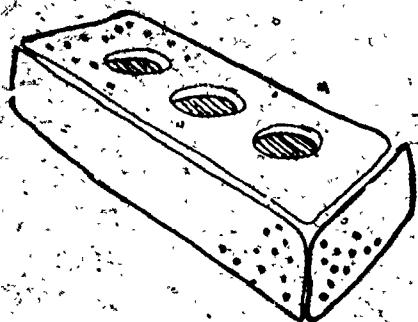


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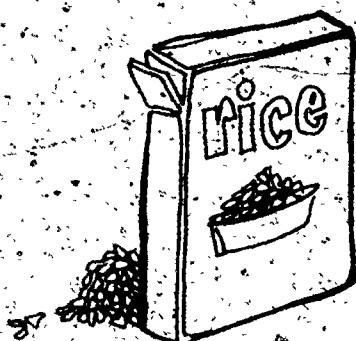
EXERCISE B.2.



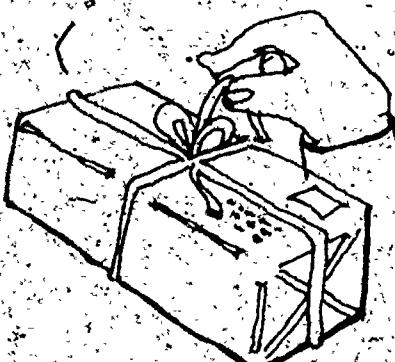
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Do more here.



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-24-

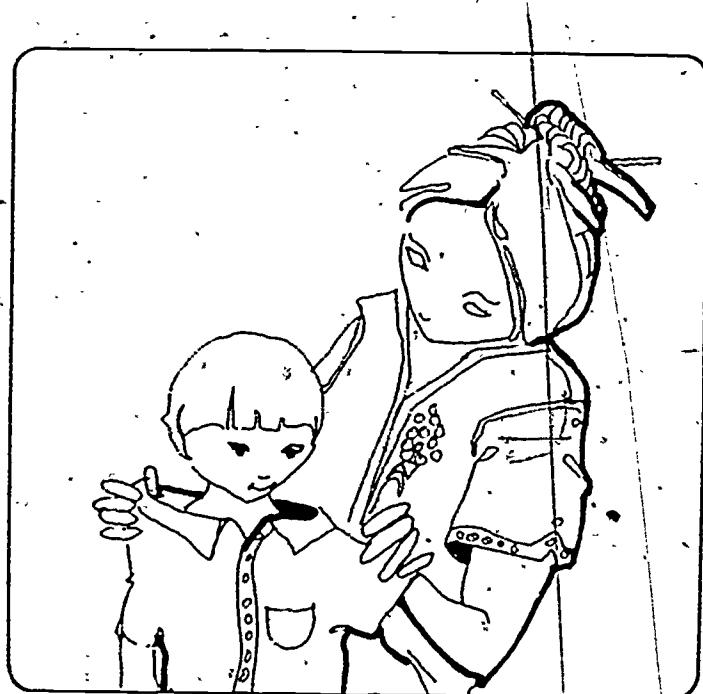
SECTION C

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**23a. Measure big things
with a metre stick.**

**b. Write the letter m
for the word
metre.**



**24a. Measure small things
with a centimetre
ruler.**

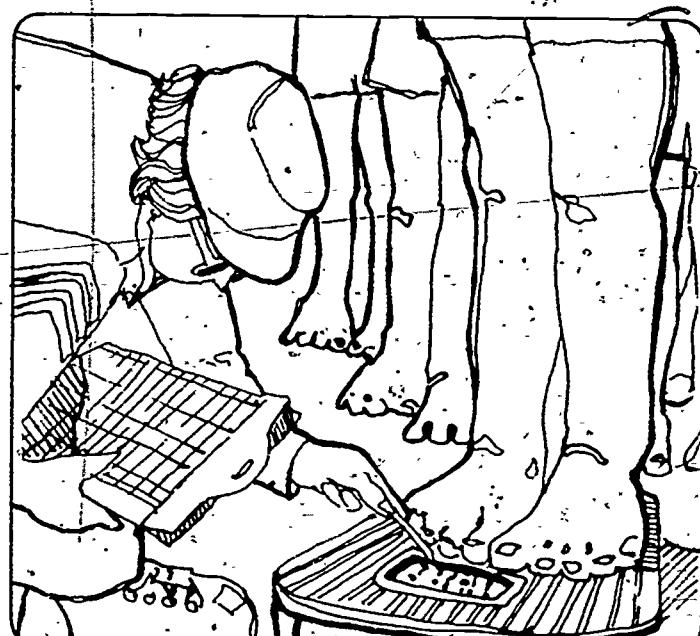
**Write the letters cm
for the word
centimetre.**



25a. Measure the weight of heavy things in kilograms.

b. Use a kilogram scale to measure heavy things.

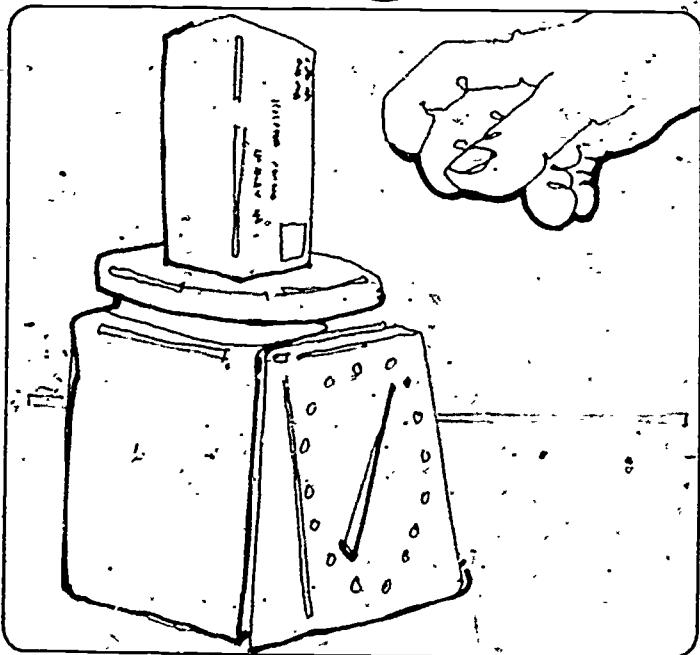
c. Write the letters kg for the word kilogram.



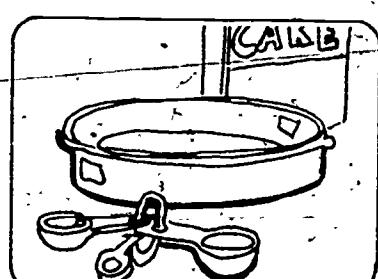
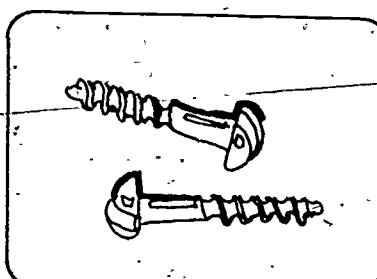
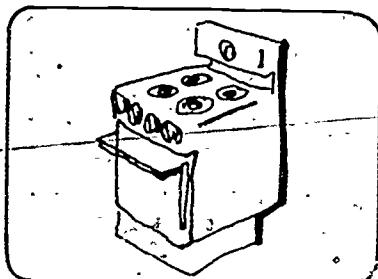
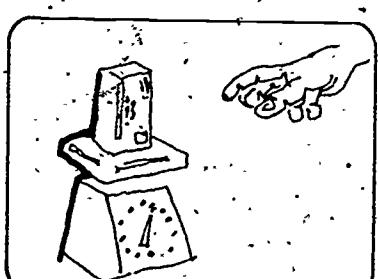
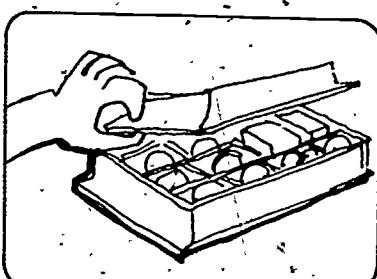
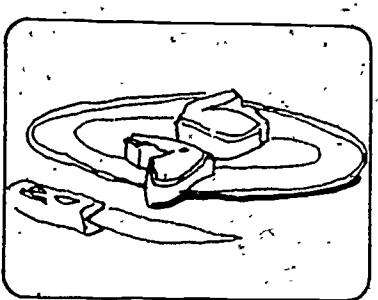
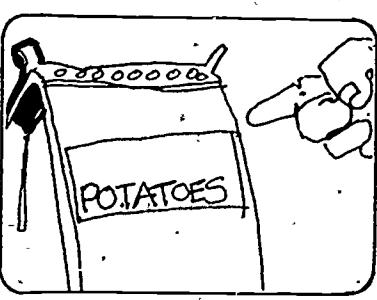
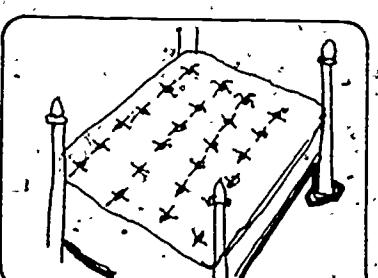
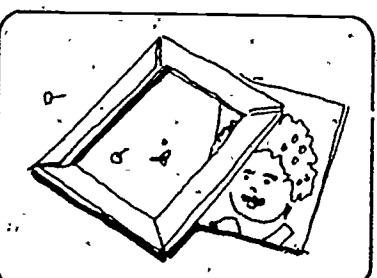
26a. Measure the weight of light things in grams.

b. Use a gram scale to measure light things.

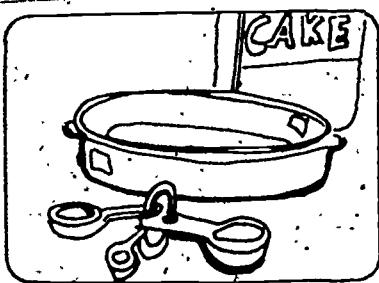
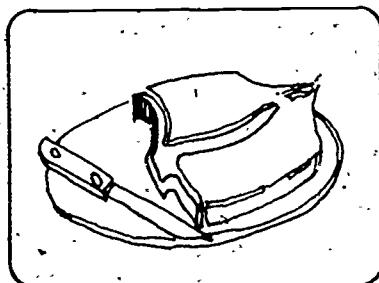
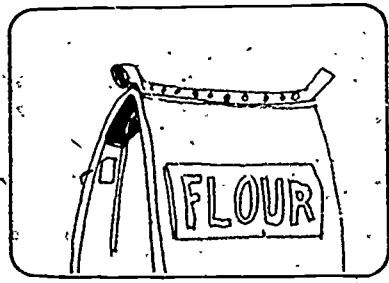
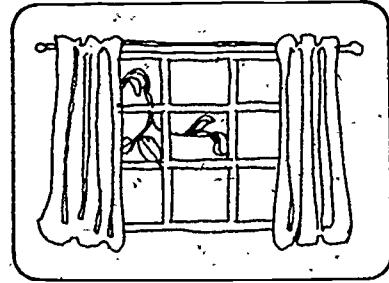
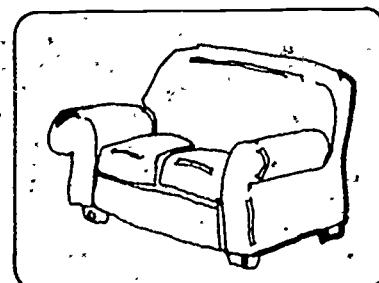
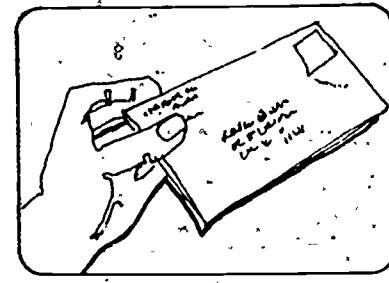
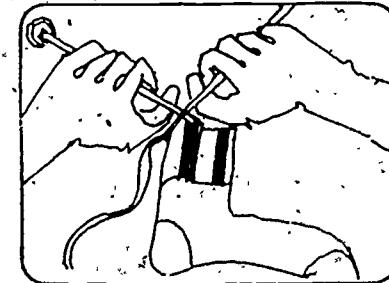
c. Write the letter g for the word gram.



EXERCISE C.1.

1**2****3****4**

EXERCISE C.2.

**metre****centimetre****kilogram****gram**

EXERCISE C.3.

cm**gram****g****centimetre****m****kilogram****kg****metre**

SECTION D

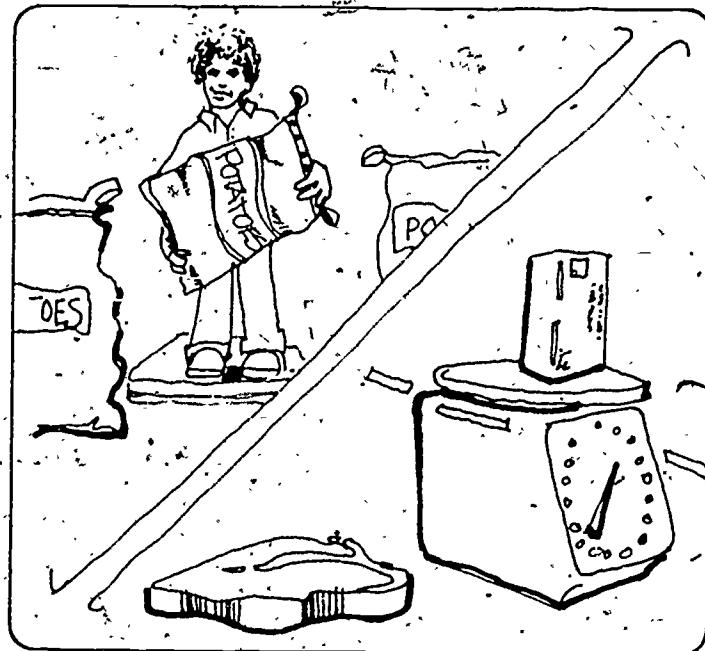


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27a. A metre stick is used to measure large things.

b. Use a centimetre ruler to measure small things:



28a. A kilogram scale is used to weigh heavy things.

b. Use a gram scale to weigh light things.



29. Use a litre cup to measure sugar.



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30. Use a litre
to measure large
amounts of liquid.



31. Large amounts of
liquid are measured
in litres.



32. This is too much red pepper.



33. Use a 2 millilitre spoon to measure small amounts.





34. You can also use a 5 millilitre spoon to measure small amounts.



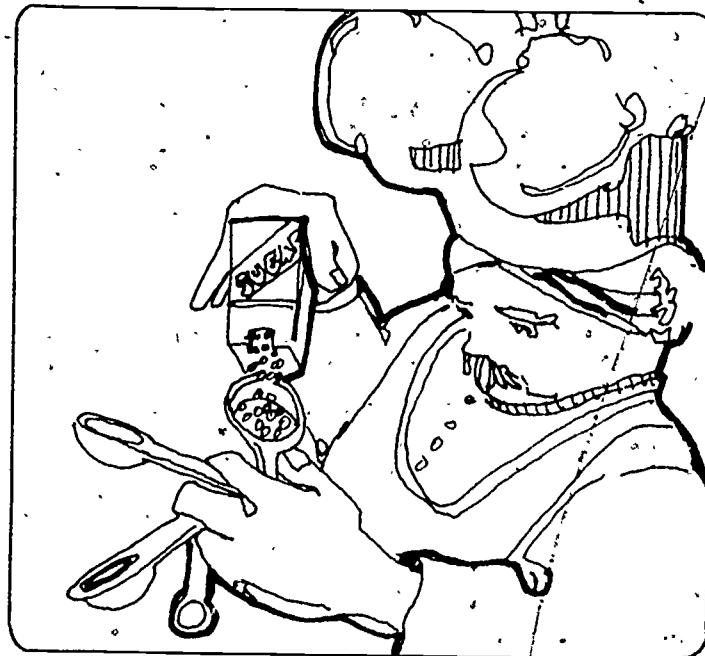
35a. Use a litre cup to measure large amounts.

b. Write the letter l for the word litre.



36a. Use a millilitre spoon to measure small amounts.

b. Write the letters ml for the word millilitre.



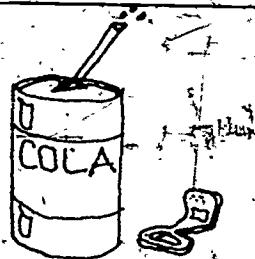
EXERCISE D.1.



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-38-

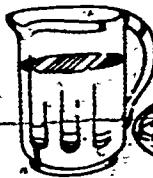
EXERCISE D.2.

Milkspread for Bread

60 ml peanut butter



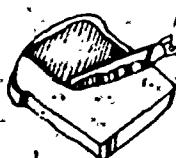
30 ml orange juice



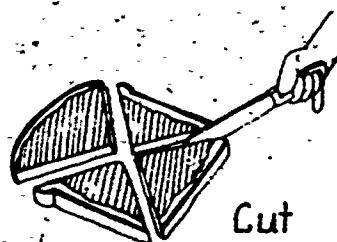
Chop 30 ml raisins



Mix in a bowl



Spread



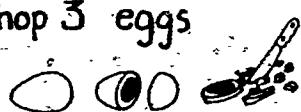
Cut



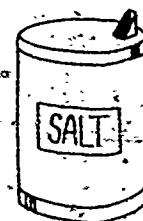
EXERCISE D.3.

Metric Egg Salad
Makes 8 Sandwiches

Chop 3 eggs

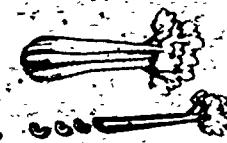


45 ml mayonnaise



1 ml salt

Chop 30 ml celery



Mix in bowl

Chop 30ml onions



Split 4 hot dog buns



Scoop out centers



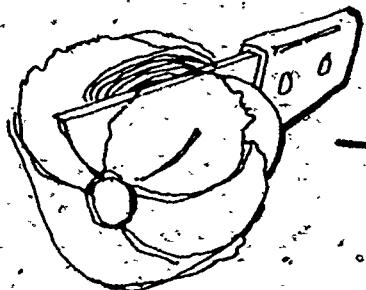
Fill with salad



EXERCISE D.4

Metric Toss-Up**SERVES 4**

Wash

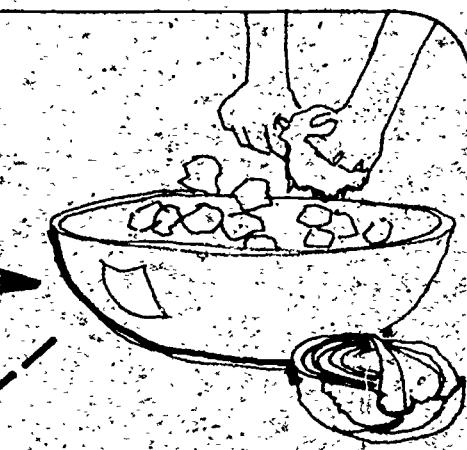
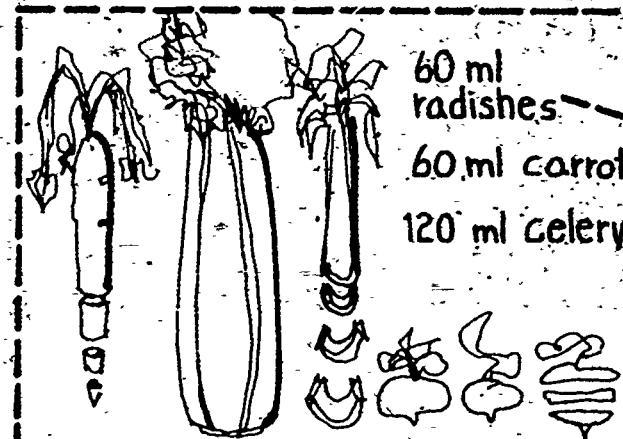
 $\frac{1}{2}$ head lettuce60 ml
radishes

60 ml carrots

120 ml celery

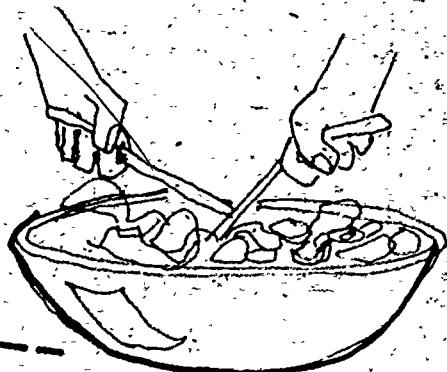
Slice

Add in a bowl



60 ml salad dressing

Add



Mix

EXERCISE D.5.

Fudge Metribites**Makes 48 Bites**

440 g



5 ml



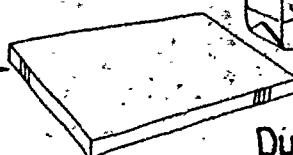
120 ml



Mix with



Form ball



Dust

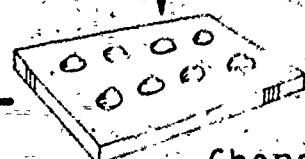


Knead 20 times



Roll

Chop nuts



Shape

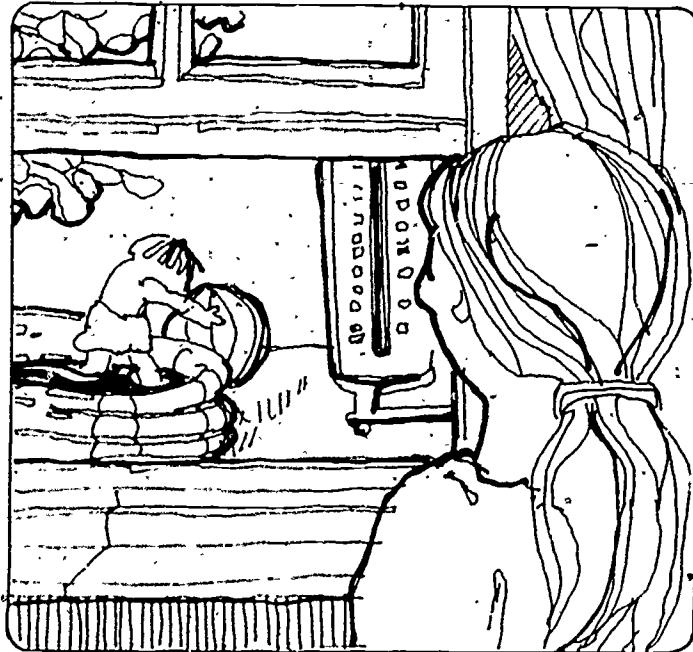


SECTION E





37. A Celsius thermometer measures how cold it is.



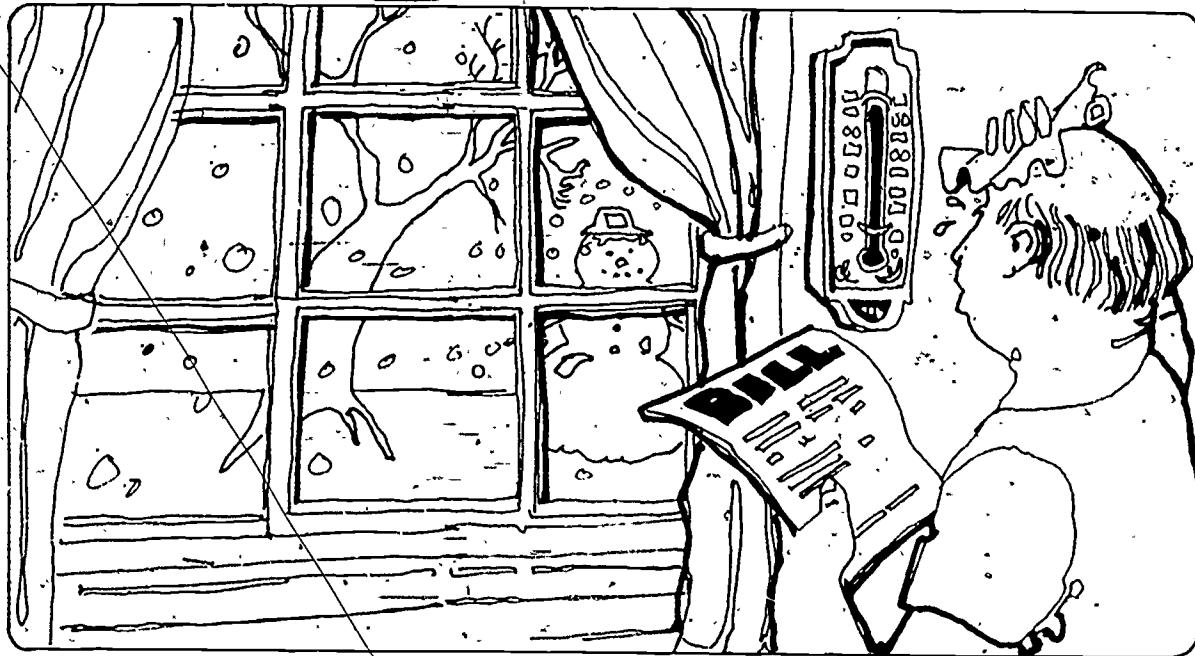
38. Use a Celsius thermometer to measure how hot it is.

39. A Celsius thermometer tells you if someone has a fever.



40. A Celsius thermometer tells you if the oven is heating properly.





- 41a. Use a Celsius thermometer to measure how hot or cold it is.
- b. Write the letter C for the word Celsius.
- c. A thermometer measures in degrees how hot or cold something is.



42. We use a Celsius thermometer to check someone's temperature.



- 43a. Measure how hot or cold the weather is with a Celsius thermometer.
- b. Measure temperature in degrees Celsius.
- c. Write the small circle and the letter C ($^{\circ}\text{C}$) for degree Celsius.

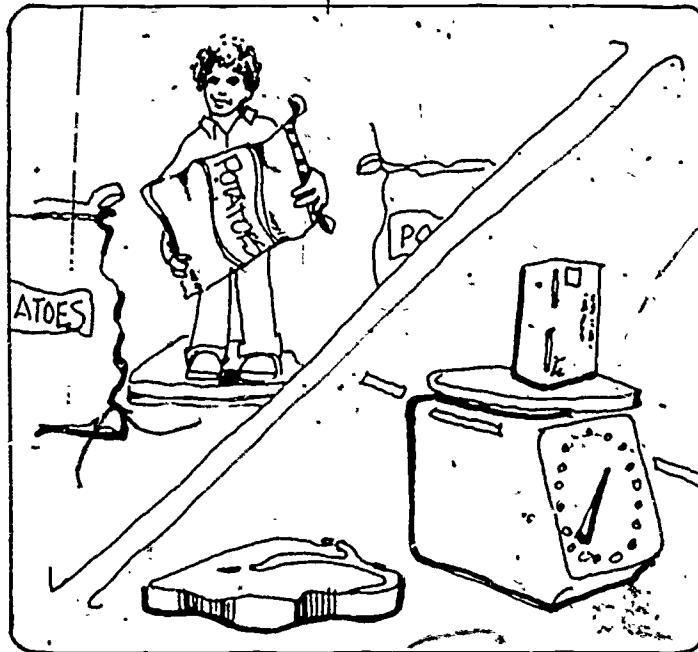


SECTION F



**44a. A metre stick
is used to measure
large things.**

**b. A centimetre ruler
is used to measure
small things.**

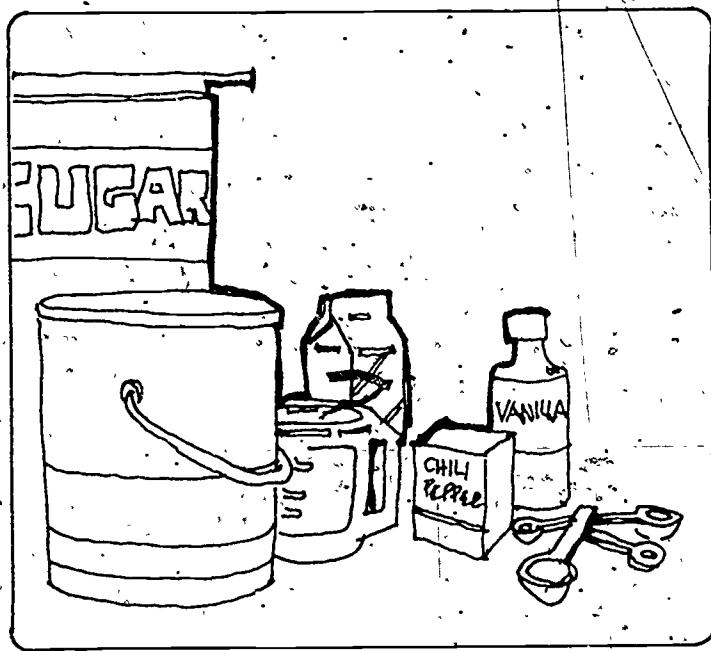


**45a. A kilogram scale
is used to weigh
heavy things.**

**b. Use a gram scale
to weigh light things.**



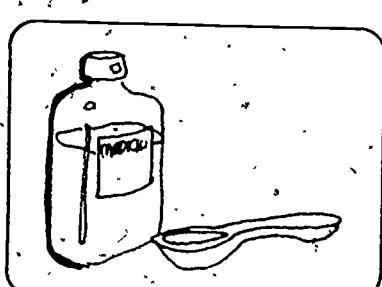
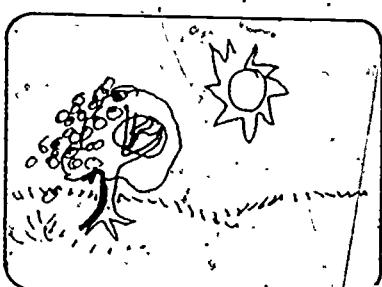
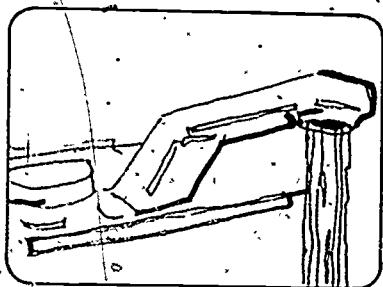
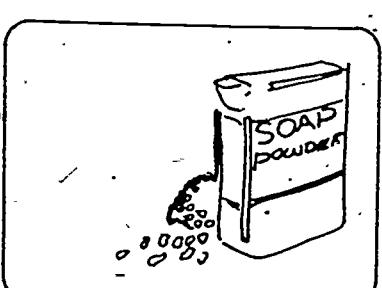
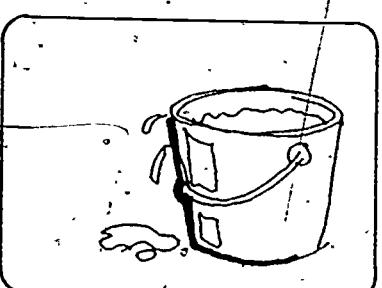
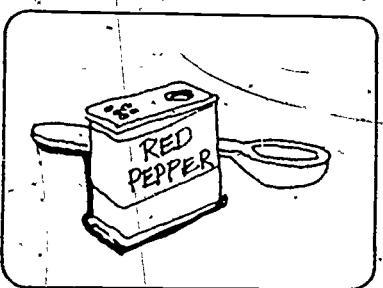
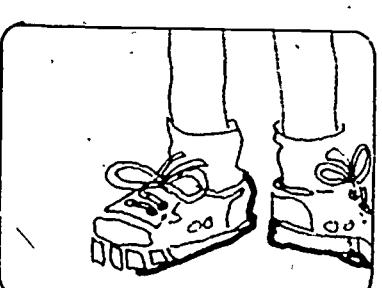
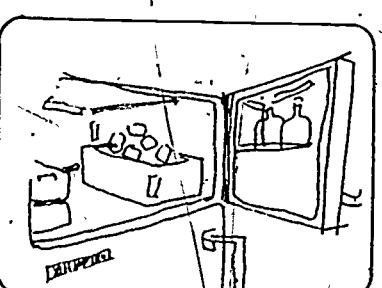
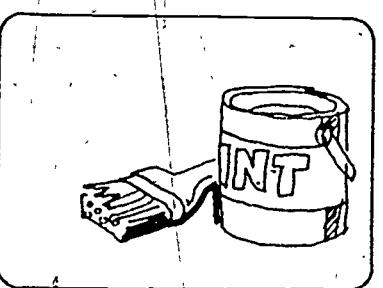
- 46a. A litre cup
is used to measure
large amounts.
- b. Use millilitre spoons
to measure
small amounts.



47. Use a
Celsius thermometer
to measure
how hot or cold it is.



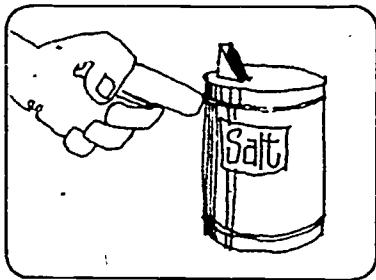
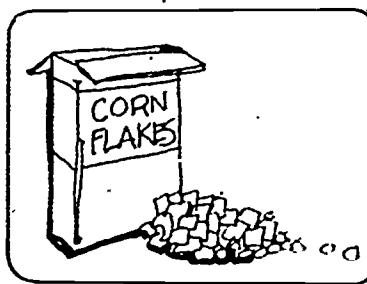
EXERCISE F.1.

1**2****3**

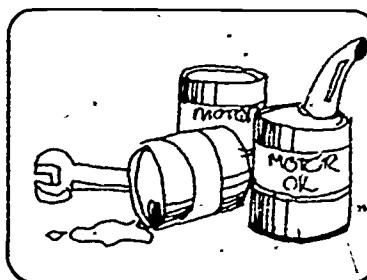
EXERCISE F.2.



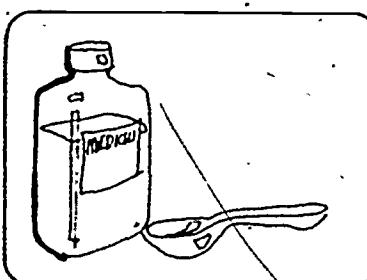
**Celsius
thermometer**



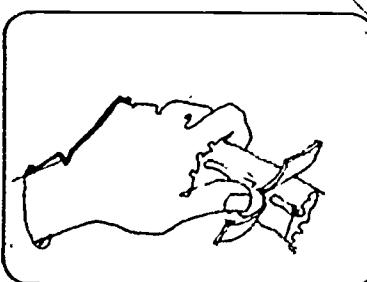
**5 millilitre
spoon**



litre measure



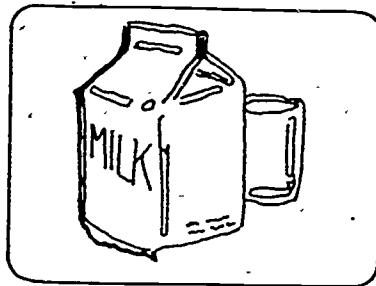
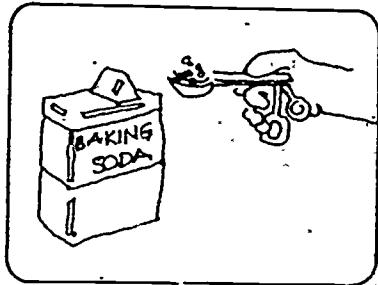
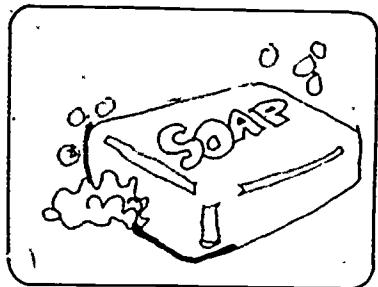
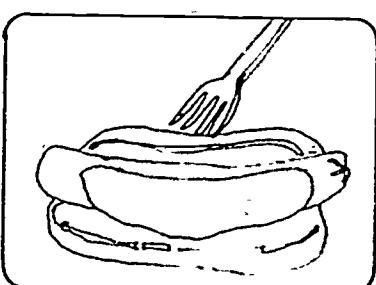
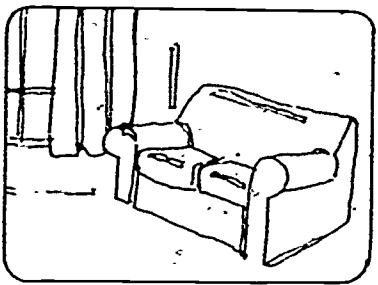
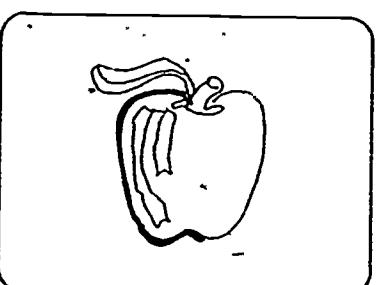
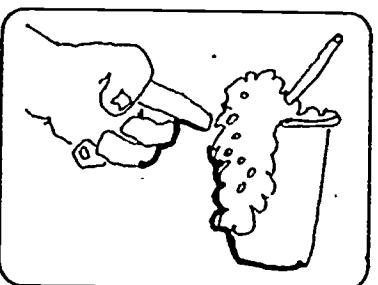
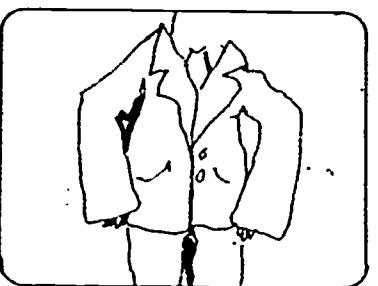
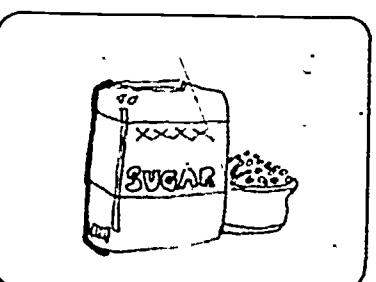
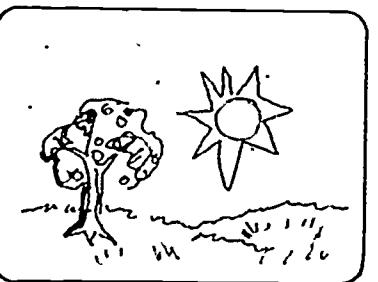
grams



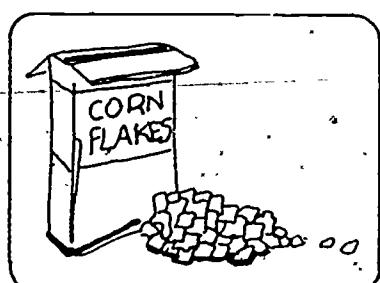
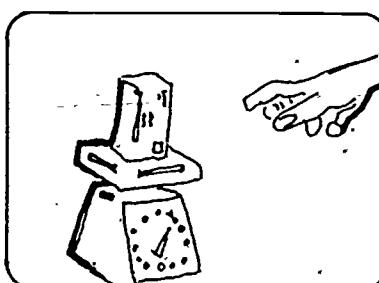
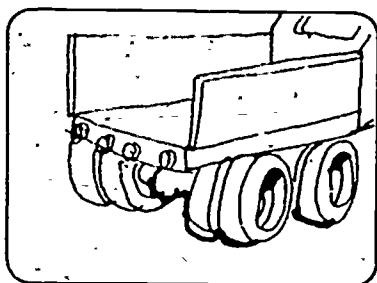
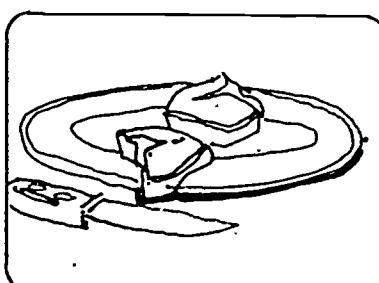
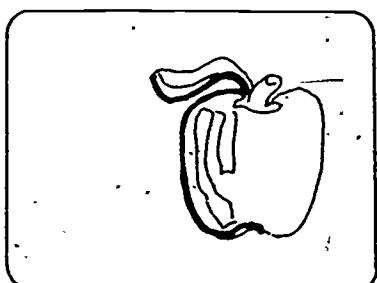
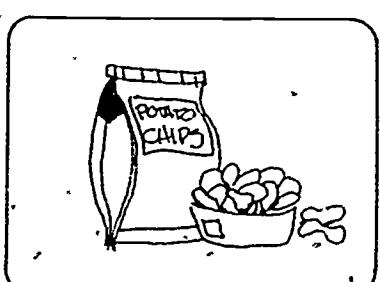
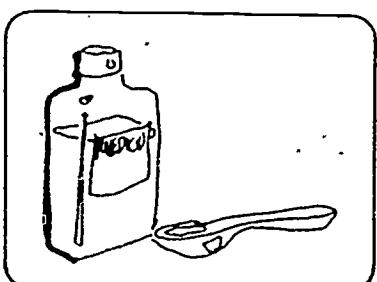
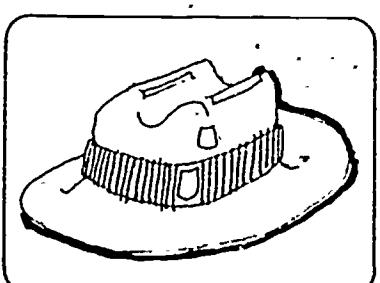
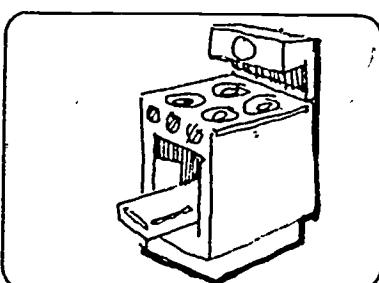
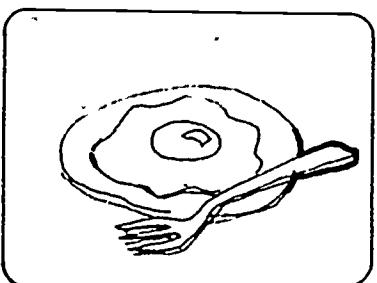
EXERCISE F.3.

millilitre**°C****litre****kg****kilogram****ml****degree Celsius****g****gram**

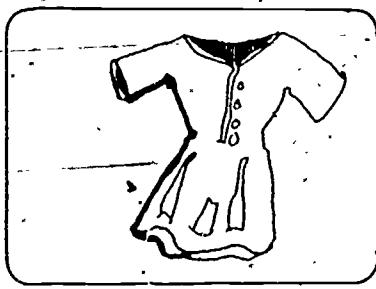
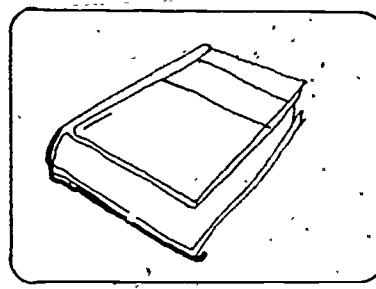
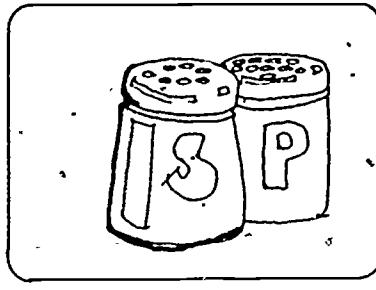
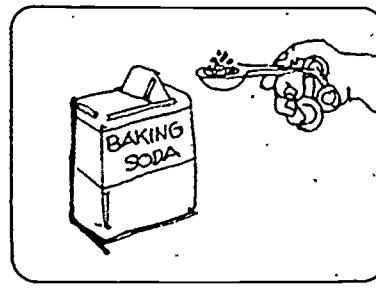
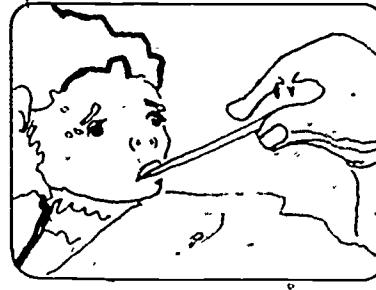
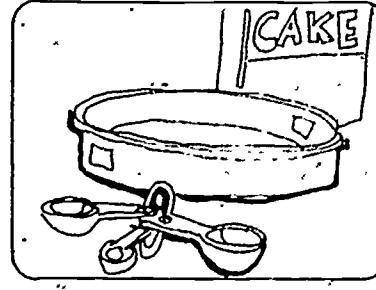
EXERCISE F.4.

1**2****3****4**

EXERCISE F.S.

1**2****3****4**

EXERCISE F.6.

**millilitres****centimetres****degree Celsius****kilogram scale**

EXERCISE F.7.

gram**ml****metre****cm****centimetre****°C****degree Celsius****kilogram****kg****millilitre****g****litre****m**